

What is the relationship between the intake of soy protein and blood pressure among adults without hypertension? (DGAC 2010)

Conclusion


A limited and inconsistent body of evidence shows that soy protein intake does not provide any unique benefits in blood pressure control.

Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between the intake of soy protein and blood pressure among adults without hypertension?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Vegetable protein: What is the relationship between the intake of vegetable protein and/or soy protein and selected health outcomes?](#)